

WMO

and
Human Resources
Development



Leadership Programme RA II & V, Singapore, August 2019



WMO

Do you ever feel like this?

- ☒ You just can't keep up with all the information?
- ☒ Juggling too many issues?
- ☒ Email overwhelm?
- ☒ You're "ON" 24/7?
- ☒ Difficult people issues?
- ☒ Too many meetings?
- ☒ Concern about your staff
- ☒ Work/life balance? Diet and exercise?



Happy Hillary!



Hillary leaves hospital January 2013



Former Prime Minister
Kevin Rudd



Not happy Kevin!!

The Impact of Stress and Burn Out

- \$14bn in Australia
- \$300bn in the USA
- Stress a factor in 80% of health related expenditure
- As many as 1 in 3 workers expect to burn out

Common concerns

- ☒ Too much Work
- ☒ Email out of control
- ☒ Too many meetings
- ☒ Juggling too many balls at once
- ☒ Difficult people issues
- ☒ Misunderstandings and poor communication
- ☒ Out of control **STRESS** and feelings of **BURN OUT**

My Journey



- Weatherman trained in mathematics, physics and meteorology
- Moved into management roles in training and international programs and went to business school
- Worked in Middle East and Africa
- Executive roles running State operations
- Deputy CEO national operations
- CEO of a new bushfire research centre



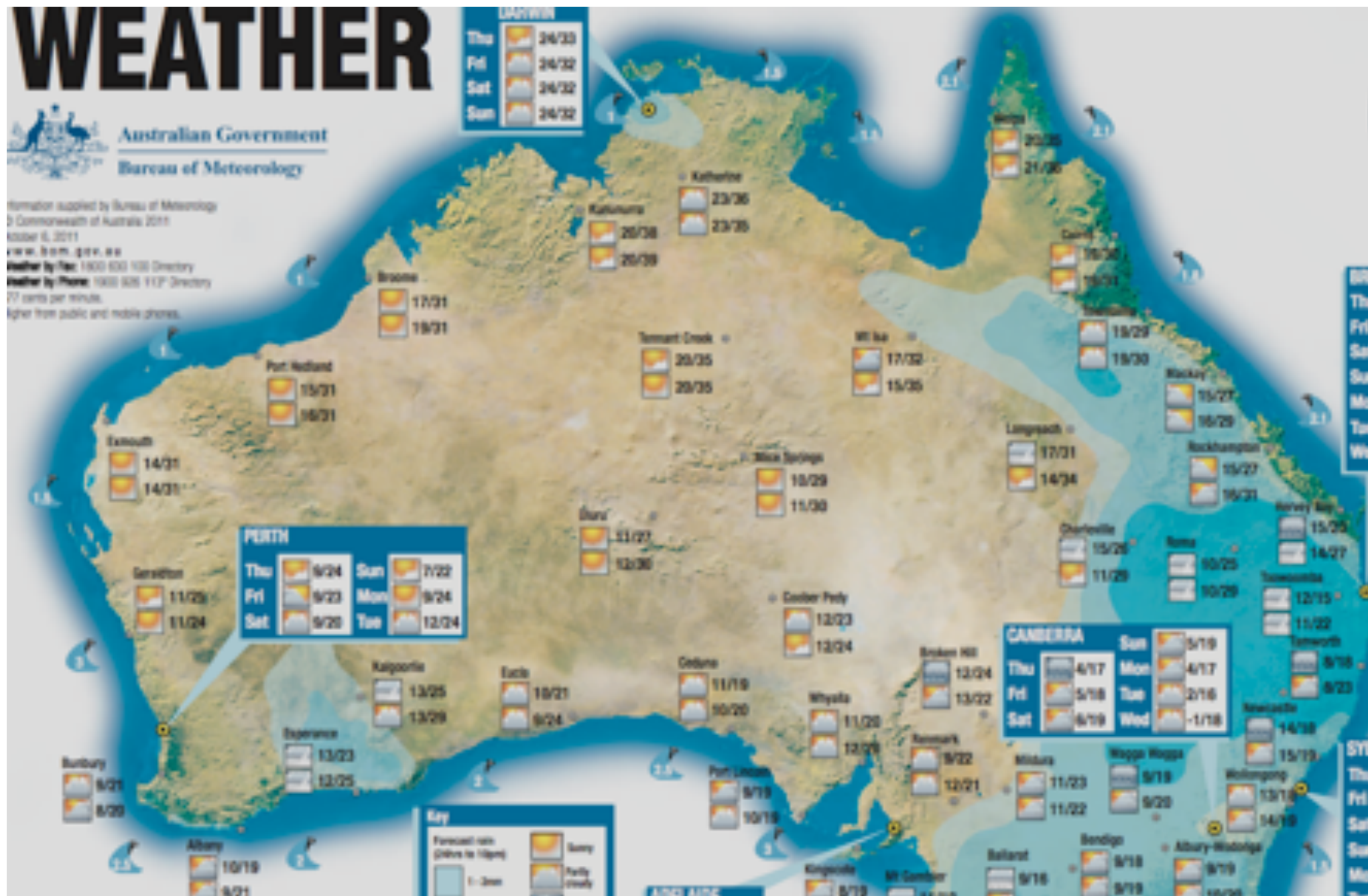
Sydney 2000 Olympics



Stressful disaster events



My Burn Out Experience!



Major Innovations



Channel 7 “Sunrise” Interview



Leadership Workshop - Pretoria

